

Texas Chocolate Sheet Cake

(Adapted from [Lively Table](#))

1 cup sugar
1 cup whole wheat flour
1/2 tsp baking soda
1/2 tsp cinnamon
1/2 cup water
1/4 cup butter
1/4 cup canola oil
2 heaping tbsp cocoa powder
1/4 cup lowfat buttermilk (or milk soured with lemon juice)
1 egg, beaten
1/2 tsp vanilla

for the frosting:

1/4 cup butter
2 tbsp cocoa powder
3 tbsp lowfat milk
2 cups powdered sugar
1/2 tsp vanilla
1/2 cup chopped pecans

Preheat oven to 400°F. In a large bowl, sift together sugar, flour, baking soda and cinnamon. Set aside.

In a saucepan, combine water, butter, oil and cocoa. Bring to a boil, stirring. Pour over the dry ingredients and mix well.

In a small bowl or glass measuring cup, mix the buttermilk, egg, and vanilla. Add to the chocolate batter and mix.

Pour into a well seasoned, greased cast iron skillet. Bake 20-25 minutes, or until a toothpick inserted in the middle comes out clean.

Meanwhile, prepare the frosting. In a saucepan, combine butter, cocoa and milk. Bring to a boil slowly while stirring, careful not to scorch the milk. Remove from heat and add the powdered sugar, vanilla and pecans, stirring until smooth. Pour over the hot cake.

Let the frosting harden before serving. Tastes best with a scoop of Bluebell Homemade Vanilla (fact).